

DINNERLY



Feed A Crowd: Thai Chicken Curry

Same Meal Price, More Servings!



35 minutes



2 Servings

Want extra bang for your buck? Serve up more with our Feed A Crowd recipes. We've used the same amount of meat but added more hearty ingredients like filling carbs and veggies to satisfy hungry tummies. If you're on a 2-person plan, these recipes make 4 portions; on a 4-person plan, they make 8 portions.

WHAT WE SEND

- 1 sweet potato
- 2 zucchini
- free-range chicken tenderloins
- 300g jasmine rice
- 10g Thai seasoning ¹⁷
- 400ml coconut milk

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 1 tbs vegetable oil
- 1 tbs soy sauce ⁶

TOOLS

- medium saucepan with lid
- large deep frypan with lid

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Soy (6), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 600kcal, Fat 22.8g, Carbs 83.0g, Proteins 27.7g



1. Prep ingredients

Peel the **sweet potato** and cut into 2cm chunks. Slice the **zucchini**. Thinly slice the **chicken**, then season with **salt and pepper**.



2. Cook rice

Rinse the **rice** until the water runs clear. Put in a medium saucepan with **450ml water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water is absorbed. Turn off the heat and stand, covered, for at least 5 mins.



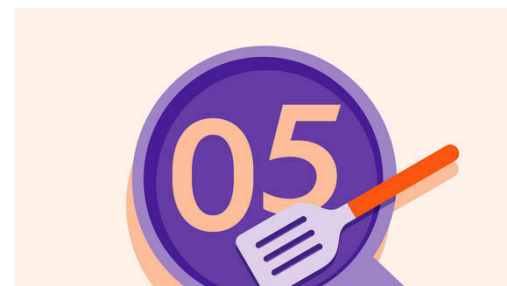
3. Brown chicken

Meanwhile, heat **2 tsp vegetable oil** in a large deep frypan over medium-high heat. Cook the **chicken**, stirring, for 3-4 mins until browned. Remove from the pan. Heat **2 tsp vegetable oil** in the pan over medium heat. Cook the **sweet potato**, stirring, for 3 mins. Add **3 tsp Thai seasoning*** (see Feed A Crowd) and cook, stirring, for 30 secs or until fragrant.



4. Simmer curry

Add the **coconut milk** and **125ml (½ cup) water** to the pan and bring to the boil. Reduce the heat to medium-low, cover and cook for 10 mins. Add the **zucchini** and cook, uncovered, for 5 mins. Add the **chicken** and **1 tbs soy sauce** and cook for a further 2-3 mins until the chicken is cooked through and the veggies are tender.



5. Serve up

Remove the pan from the heat. Taste, then season with **salt and pepper**. Divide the **rice** and **curry** among bowls and enjoy!



6. Feed A Crowd

We've suggested this amount of Thai seasoning for flavour, but if you prefer less spice or have little ones, reduce the seasoning to taste.